Sacrament Preparation Supplement

Baptized 3rd Graders

2 MASS ATTENDANCE
3 MASS CARDS
4 SUNDAY MASS & HOLY DAYS OF OBLIGATION — 2026-2027
5 BAPTISMAL / BIRTH CERTIFICATE DUE no later than **November 9, 2026.**
5 ATTENDANCE AT SUNDAY FAITH FORMATION
5 AND GRACE CARDS
6 CONFIRMATION SPONSORS
6 AND THEIR **GREAT RESPONSIBILITES**
7 RELATIONSHIP STATUS NOTES FOR POTENTIAL CONFIRMATION SPONSORS
7 CAFETERIA CATHOLICS
8 CODE OF CANON LAW for the Sacrament of Confirmation

9 ELIGIBILITY FORM for CONFIRMATION SPONSOR DUE by **December 1, 2026.**

11 WHY HAVING A CATHOLIC BIBLE IS SO IMPORTANT / 1 TIMOTHY 3:15
12 FIFTY-TWO SCRIPTURE VERSES TO COMMIT TO MEMORY
13 MASS PRAYERS EVERY CATHOLIC SHOULD KNOW
14 PRAYERS FOR EVERY CATHOLIC
15 DIVINE MERCY CHAPLET
16 HOW TO PRAY THE ROSARY
17 MYSTERIES OF THE ROSARY

18 WHY DO I NEED A CONFIRMATION SAINT?
19 CONFIRMATION SAINT PROJECT DUE by **January 10, 2027.**

20 WEBSITE + APPS TO HELP FORM YOUR CATHOLIC FAMILY

The date for the your child's Confirmation & 1st Eucharist will be scheduled in the Spring of 2027, after Easter. As soon as we have the date scheduled, the Sacrament Prep team will let all of the Baptized 3rd Graders know.

MASS ATTENDANCE

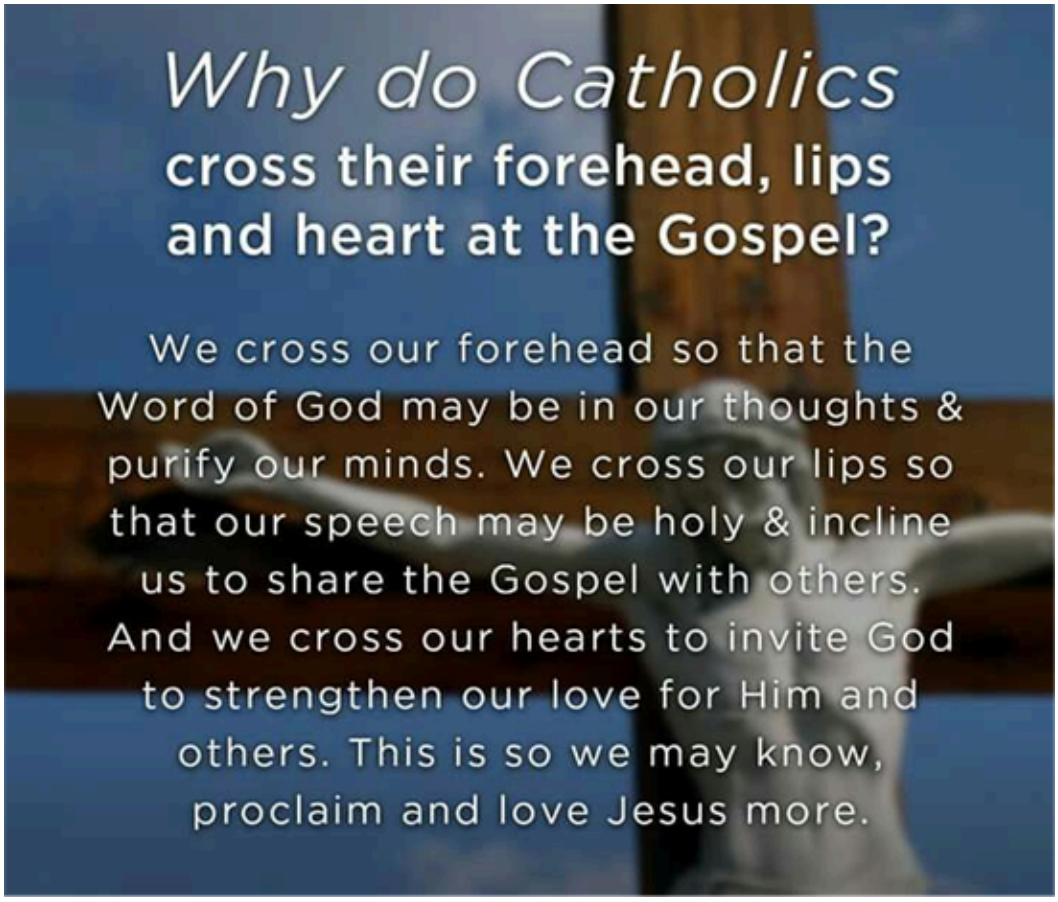
There is one thing that distinguishes us from other Christians – our devotion to the sacrament of the Eucharist. The Eucharist is the source and summit of our Catholic faith (CCC 1407).

A common complaint from young people (and some adults) is that Mass is boring. But, we, as the St. Helen Sacrament Preparation Team, believe if we truly understood what is happening during the Liturgy, we could never again say that Mass is boring.

God asks of every baptized child of God to spend time with Him and the Body of Christ, the Church, on Sunday and other Holy Days of Obligation actively participating in Mass (CCC 2187). This may upset some Catholics, but it is our obligation as Catholics, and therefore an expectation placed on the students sacrament preparation.

If a youth in Sacramental preparation is not fulfilling their weekly Mass obligation and on Holy Days of Obligation, why are they preparing for the Sacraments of Initiation?

This is not meant to be judgmental. Full, Active, and Conscious Participation in weekly Mass is vital to a youth preparing for Communion & Confirmation. We, the St. Helen Sacrament Preparation Team, do not want to water down or sugar coat our Catholic faith for our young people.



MASS CARDS

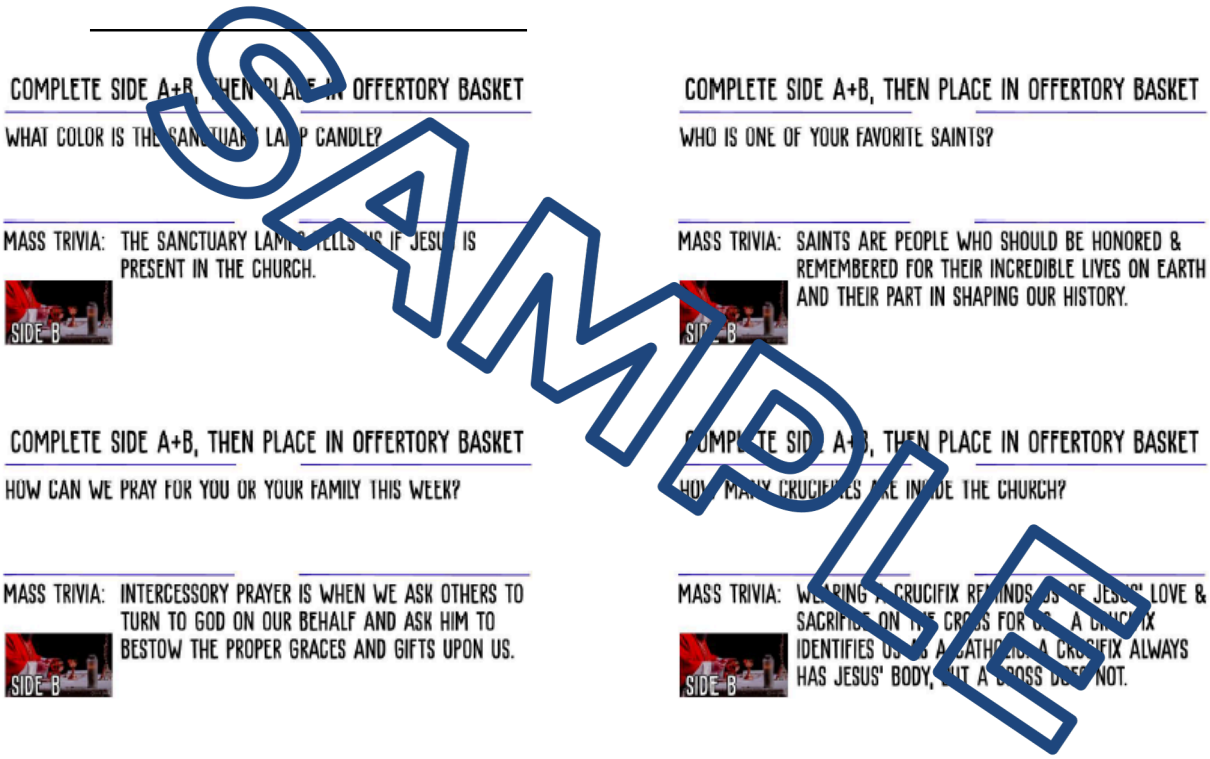
To monitor weekly Mass participation, we have created **Mass Cards** [samples below]. These **Mass Cards** may be found in the gathering space just inside the church.

Each week: the youth is to fill out the information (name, class time, grade, etc) on side **A** of the card. Then, the **Youth** writes the answer to this week's question which is located on Side **B** of the **Mass Card**. During the offertory, the **youth** places the completed **Mass Card** in the basket.

If, as a youth, you attend a weekly Mass *at another Catholic Church* with your family **other than St. Helen**, please *pickup that Parish's weekly bulletin/song sheet, write the full name of the youth and the Mass time which you attended* and turn it in to your Catechist [to give to **Deepa Duran]** at your next **Sunday Faith Formation class.**

If it seems that a **student in Sacrament Preparation** is consistently missing weekly Mass, Deepa Duran, will schedule a family meeting—parent[s] and youth—to discuss whether the youth should continue in their sacrament preparation or postpone the reception of their sacraments.

> "*Confirmed people are drawn into deeper participation in the life of the Church. They have a desire to be active in their own parish's ministries. They are not afraid to be identified as a member of the Church when they participate in community activities. They look forward to Sunday Mass, to celebrate the Lord's Supper with their brothers and sisters in Christ.*"
> (The Catholic Faith Handbook for Youth, Brian Singer-Towns, St Mary's Press)



SAMPLE

SUNDAY MASS & HOLY DAYS OF OBLIGATION — 2026-2027

2026-2027 Liturgical Calendar

SEPTEMBER	6 23rd Sunday in OT	13 24th Sunday in OT	20 25th Sunday in OT	27 26th Sunday in OT	2026: Year 2 Daily Readings	Holy Days of Obligation [additional days for Mass we are obligated to attend]	
OCTOBER	4 27th Sunday in OT	11 28th Sunday in OT	18 29th Sunday in OT	25 30th Sunday in OT			
NOVEMBER	1 All Souls Day	8 32nd Sunday in OT	15 33rd Sunday in OT	22 Christ, the King of the Universe	29 1st Sunday of Advent		Cycle B Sunday Readings start on Nov. 29
DECEMBER	6 2nd Sunday of Advent	8, TUES Immaculate Conception	13 3rd Sunday of Advent	20 4th Sunday of Advent	25, FRI Christmas	27 Holy Family	
JANUARY	1, FRI Mother of God	3 2nd Sunday of Christmas	10 Baptism of Jesus	17 2nd Sunday of OT	24 3rd Sunday of OT	31 4th Sunday in OT	
FEBRUARY	7 5th Sunday of OT	10 Ash Wednesday	14 1st Sunday of Lent	21 2nd Sunday of Lent	28 3rd Sunday of Lent	Holy Days of Obligation [additional days for Mass we are obligated to attend]	
MARCH	7 4th Sunday of Lent	14 5th Sunday of Lent	21 Palm Sunday	28 EASTER			
APRIL	4 Divine Mercy	11 3rd Sunday of Easter	18 4th Sunday of Easter	25 5th Sunday of Easter	2027: Year 1 Daily Readings		
MAY	2 6th Sunday of Easter	9 7th Sunday of Easter	16 Pentecost	23 Most Holy Trinity	30 Corpus Christi	OT = Ordinary Time are Sundays in chronological order	

BAPTISMAL / BIRTH CERTIFICATE

Before beginning Sacrament Preparation, students have to submit their Baptismal and/or Birth Certificate. If you haven't done so already, please submit this asap. You may email dduran@sthelenglendale.org or turn it in to the parish office. **Do not give it to your child's Sunday Faith Formation teacher.**
Your child's certificate must be submitted ASAP, no later than November 9, 2026.

– Baptized as a Catholic? We need a copy of your child's Baptismal Certificate with notations. [You will contact the Catholic parish where you were baptized.]

– Baptized as a Non-Catholic? We need a copy of your child's Birth Certificate, as well as, a copy of your child's Baptismal certificate.

Was your child at here at St. Helen in Glendale, AZ? Please email Deepa Duran with your child's full name, birthdate, and age at Baptism. [dduran@sthelenglendale.org**]**

ATTENDANCE SUNDAY FAITH FORMATION

Attendance will be taken at all Sunday Faith Formation classes. Partial attendance is regarded as non-attendance. Please make sure your child arrives **on time** and stays through **to the end** of the **Sunday Faith Formation classes**.

SUNDAY FAITH FORMATION classes

SUNDAY Faith Formation begin at 1:00 pm on Sunday and ends at 2:30 pm. We meet for the Faith Formation in the RE Building / Social Center.

The 2026-2027 Kinder-5th Calendar can be found online. [QR Code to the left]

GRACE CARDS

We recognize that there are times when family or an emergency can prevent a youth from attending a scheduled activity. Therefore, each **Baptized 3rd Grader in Sacrament Prep** will be given **4 Grace Cards*** for their **3rd Grade** year. On the **Baptized 3rd Grader's** 5th absence, Deepa Duran, will schedule a family meeting—parent[s] and youth—to discuss whether the youth should continue in their sacrament preparation or postpone the reception of their sacraments.

*Grace Cards may only be used for Sunday Faith Formation.

CONFIRMATION SPONSORS

Hopefully, you've thought a lot about what receiving the sacraments of initiation mean, and how the Holy Spirit will affect your life. You're required to have a Confirmation sponsor—someone who guides you and shares the story of faith with you now and throughout your life.

Some advice: You're looking for someone you trust, whose Catholic faith you admire and who will be there for your child to help them grow in their Catholic faith as they continue to grow older.

CONFIRMATION SPONSOR GREAT RESPONSIBILITIES:

A Confirmation Sponsor **must be a fully initiated Roman Catholic** because Confirmation Sponsors officially represent the Roman Catholic Church by witnessing what it means to live a baptized life, confirmed in the Holy Spirit and faithfully participating in the sacraments of Reconciliation and the Eucharist, the source and summit of the Christian life.

CONFIRMATION SPONSORS CAN TRUTHFULLY STATE ALL OF THE FOLLOWING:

- I am at least 16 years of age.
- I am a registered member of my Catholic parish.
- I am an active member at my parish. [financial support and involvement in ministries]
- I have received the sacraments of Baptism, Confirmation and Holy Communion and can show proof.
- I fully and actively participate in the Liturgy of the Mass on Sundays & Holy Days of Obligation;
- I celebrate the Sacrament of Reconciliation regularly [every 1-2 months];
- I tithe 3-10% to our parish weekly;
- I develop and maintain a personal relationship with God through daily prayer;
- I participate in the catechetical, sacramental, and communal life of our parish.
- I witness to the teachings of the Catholic Church by the way I live my life as a disciple of Jesus Christ.

- I am married, and I married within the Catholic Church and can show proof. **OR**
- I am unmarried, nor am I cohabitating with my significant other [living together under the same roof: part-time, full-time, or occasional sleepovers].

RELATIONSHIP STATUS NOTES FOR POTENTIAL CONFIRMATION SPONSORS:

- Those Catholics in second+ marriages must have had their previous marriage[s] annulled and their second+ marriage convalidated by the Catholic Church.
- Those Catholics presently in civil or common law marriages are not eligible to serve as a Baptism Godparent or as a Confirmation Sponsor.
- A Sponsor who is unmarried, must be living a life consistent with the single vocation as defined by the Catholic Church. [in good standing]
- Any single person cohabitating with another person, living in a romantic relationship or as a couple, is ineligible to minister as a Baptism Godparent or as a Confirmation Sponsor.

DO YOU KNOW A CAFETERIA CATHOLIC?

A Cafeteria Catholic is someone who picks and chooses Church teachings according to what they want to believe or not believe.

- A Cafeteria Catholic supports the pro-choice movement [abortion and contraception].
- A Cafeteria Catholic supports the re-defining of marriage.
- A Cafeteria Catholic is "living with" someone else [cohabitating full-time or occasionally] or is civilly married;
  - while engaging in intimate sexual relations (outside the Sacrament of Matrimony).
- A Cafeteria Catholic is attending Mass only when they feel like it or it fits into their schedule.

A CAFETERIA CATHOLIC may not serve as a Baptism Godparent or as a Confirmation Sponsor.

CODE OF CANON LAW FOR THE SACRAMENT OF CONFIRMATION:

THOSE TO BE CONFIRMED

Canon 889 §1. Every baptized person not yet confirmed and only such a person is capable of receiving confirmation.
Canon 889 §2. To receive confirmation licitly outside the danger of death requires that a person who has the use of reason be suitably instructed, properly disposed, and able to renew the baptismal promises.

Canon 890 The faithful are obliged to receive this sacrament at the proper time. Parents and pastors of souls, especially pastors of parishes, are to take care that the faithful are properly instructed to receive the sacrament and come to it at the appropriate time.

Canon 891 The sacrament of confirmation is to be conferred on the faithful at about the age of discretion unless the conference of bishops has determined another age, or there is danger of death, or in the judgment of the minister a grave cause suggests otherwise.

CONFIRMATION SPONSORS

Canon 892 Insofar as possible, there is to be a sponsor for the person to be confirmed; the sponsor is to take care that the confirmed person behaves as a true witness of Christ and faithfully fulfills the obligations inherent in this sacrament.

Canon 893 §1. To perform the function of sponsor, a person must fulfill the conditions mentioned in Canon 874.
Canon 893 §2. It is desirable to choose as sponsor the one who undertook the same function in baptism.

[The practice of choosing a Godparent from Baptism stems from the close connection between the two sacraments and the godparent's existing commitment to the individual's spiritual life. The godparent, having already made promises to assist in the child's Christian upbringing at baptism, is seen as a natural choice to continue guiding and supporting the individual's faith journey through confirmation.]

I am receiving the sacrament of Baptism & Confirmation at the same Mass. Am I allowed to have Godparent[s] for Baptism and someone different serve as my Confirmation Sponsor?
In **Canon 893**, your Confirmation Sponsor is to be one of your Godparent. **Canon 866** specifically states that immediately following your Baptism, you receive Confirmation.
The answer is no. You are not allowed to have Godparent[s] for Baptism and then a different person to serve as your Confirmation sponsor when receiving those two sacraments together at the same Mass.

BAPTISM GODPARENT / CONFIRMATION SPONSOR ELIGIBILITY FORM

Please give their Baptism Godparent **or** Confirmation Sponsor this **St. Helen Godparent/Sponsor Eligibility Form** to complete and return to St. Helen (address: 5510 W. Cholla St, Glendale, AZ 85304 or email: kkennedy@sthelenglendale.org)

This forms needs to be Completed and submitted on/before the due date for the person who is **receiving the sacraments**. **[Please confirm with the person who is receiving sacraments.]**

DECEMBER 1, 2026
Baptized 3rd Graders
4TH / 5TH Graders in year two
6th, 7th, & 8th graders in year two
9th, 10th, 11th graders in year two

JANUARY 5, 2027
Adults in OCIA
12th graders in OCIA

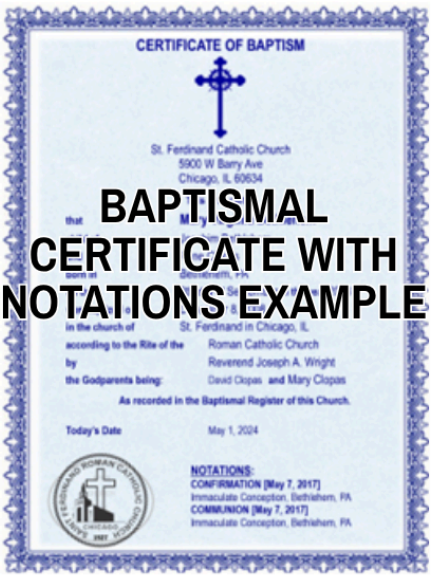
MARCH 8, 2027
Baptized 2nd Graders
Unbaptized 3rd Graders
4TH / 5TH Graders in year one
6th, 7th, & 8th graders in year one
9th, 10th, 11th graders in year one

Infant [6 years of age & under]: within 2 months of the scheduled Infant Baptism

To the Baptism Godparent or Confirmation Sponsor:
Complete this ELIGIBILITY FORM by finishing all four steps below:

1. The Baptism Godparent or Confirmation Sponsor completes the form truthfully and honestly.
2. The Baptism Godparent or Confirmation Sponsor takes the Eligibility form to the parish where they live and are actively involved. If the Baptism Godparent or Confirmation Sponsor is an active, registered member, their parish church will seal and sign their form.
3. The Baptism Godparent or Confirmation Sponsor submits their Sealed and Signed Eligibility form to St. Helen. [We do not accept copies of the Eligibility form]
   note **The PARISH SEAL** is a raised embossment, stamp or a sticker decal.
4. The Baptism Godparent or Confirmation Sponsor then, contacts the Catholic parish where s/he received their sacrament of baptism and requests a **newly issued Baptismal Certificate with notations** [[notations need to include both Sacraments of Confirmation and Eucharist]] **** if married, the notations will also list your Sacrament of Marriage.

The newly issued Baptismal Certificate with notations needs to be issued/printed between May 2026 and March 2027. [We will not accept potential Baptism Godparent or Confirmation Sponsor baptismal certificates with notations printed on/before May 1, 2026].



ST. HELEN CATHOLIC PARISH
5510 West Cholla Street, Glendale, AZ 85304
Phone: 623-979-4202
Website: www.StHelenGlendale.org

GODPARENT/SPONSOR ELIGIBILITY FORM

INFANT through ADULT

To be completed by the Catholic Sponsor

THE SPONSOR NEEDS TO CONTACT THE PARISH WHERE YOU RECEIVED THE SACRAMENT OF BAPTISM AND REQUEST A **BAPTISMAL CERTIFICATE WITH NOTATIONS [INCLUDING ALL OF THE SACRAMENTS YOU HAVE RECEIVED].** THE **BAPTISMAL CERTIFICATE WITH NOTATIONS** MUST BE DATED WITHIN **ONE YEAR** OF SUBMITTING YOUR ELIGIBILITY FORM. EMAIL/MAIL THE **BAPTISMAL CERTIFICATE WITH NOTATIONS** TO KAREN KENNEDY, KKENNEDY@STHELENGLENDALE.ORG

SAMPLE

First & Last Name of the Person receiving the sacrament[s]: _____ and their Age ____

GODPARENT/SPONSOR INFORMATION

First Name _____ Last Name _____ Contact # _____

Mailing Address _____ City _____ State _____

Email: _____ Country _____ Zip Code _____

In accepting this responsibility, I can truthfully state the following:

- ☐ ***I am a practicing Roman Catholic in both word and deed.***
- ☐ ***I am a fully initiated Catholic.***
- ☐ ***I attend Mass:*** ___ Weekly ___ Monthly ___ Do not really attend Mass ___ Twice a month ___ Occasionally
- ☐ ***I am at least 16 years of age.***
- ☐ ***I am:*** ___ Single; ___ Married; ___ Widowed; ___ Divorced
- ☐ ***I am not cohabitating*** *(living with significant other/boyfriend/girlfriend or having occasional sleepovers).*
- ☐ ***If married, were you married in the Catholic Church?*** ___ Yes ___ No *If yes, what year?* _____

Statement of Sponsor

I recognize that in accepting the role of Sponsor, I become responsible to be a model and example of my Catholic faith to the newly Baptized as a committed and active Catholic and to be a support in the practice of our mutual faith. I hereby assure that I am committed to my Catholic faith, that I am myself baptized and confirmed in it, and that I meet my fundamental obligations as a Catholic by participating in Sunday Mass, by receiving the Eucharist as often as possible and Penance as necessary, by being open to the Word of God as revealed in Sacred Scripture and taught by the Church, by witnessing to the values of the Gospel of Jesus Christ, and by seeking to be of service to others for love of Him.

_____ _____

Signature of Catholic Sponsor **Date Signed**

Name of Your Home Parish Church _____

Address _____ City _____ State _____ Zip _____

Pastors must ascertain the spiritual qualifications of Godparents/Sponsors.

AFFIX CHURCH SEAL HERE

_____

Signature of Pastor or Delegate

Date: _____ / _____ / _____

WHY HAVING A CATHOLIC BIBLE IS SO IMPORTANT!!

In 382 A.D., at the Council of Rome, the Catholic Church officially declared the 73 books in the Catholic Bible are divinely inspired by God.
In 397 AD, at the Council of Carthage, the Catholic Church confirmed the 73 books as the canon of scripture, the Bible.

The Protestant bible only has 66 books. That's because in 1520, Martin Luther removed them because he struggled with doctrinal heresies concerning Catholic teachings surrounding praying for the dead, purgatory, prayer, papacy, sacraments, Scripture + Tradition, priesthood. — ***Heresy: A baptized Catholic's obstinate denial of a revealed Truth of God [teachings & dogmas]. —***

At this point, Martin Luther adopted the Jewish canon of scripture as his bible that didn't have those Old Testament books in it [Tobit, Judith, 1 and 2 Maccabees, Wisdom, Sirach, Baruch, and sections of Esther and Daniel]. But, the Jewish canon that Martin Luther chose was adopted several hundred years *AFTER* the Catholic Church declared that all of the 73 books as divinely inspired by God. Remember, the Jewish canon was created by Jews who had rejected Jesus as the Messiah.

In the Council of Trent, 1546 AD, after one man, Martin Luther, had removed 7 books that didn't match up with what he believed to be true, the Catholic Church reiterated all of the 73 books in the Catholic Bible are divinely inspired by God [dogma].

So, many Protestants live their whole lives not realizing that God has given them 7 extra books that one guy in Germany took out of the bible that actually are part of their inheritance that God has wanted them to have their entire life!!

Every Christian in the world accepts that there are 27 books in New Testament based on the authority of the Catholic Church since 382 AD.

Jesus is the One who founded the Catholic Church.
Jesus promised He would send the Holy Spirit to guide the Church into all TRUTH.

In **1 Timothy 3:15** — St. Paul writes that the Catholic Church is the pillar and the foundation of TRUTH! The Catholic Church is not optional; it is essential. It is not Bible alone. It is Scripture **and** Tradition. It is the Bible and the Church because the Bible itself teaches us that the Church is the pillar and foundation of Truth!

Wouldn't you rather have the whole TRUTH rather than just a partial truth?

52 SCRIPTURE VERSES TO COMMIT TO MEMORY

The Catholic Bible has 35,706 verses within its 73 books. Obviously every verse — and every word — of God's is important. Scripture is worth memorizing. To start, here are 52 verses you might want to commit to memory. Now, rather than trying to memorize Scripture like you're cramming for a test, challenge yourself to pray with one verse a week. Just one verse! Underline it or highlight it in your Bible. [God won't mind.] Write it out or journal about it. Memorize not only the words but the chapter and verse[s]. Just focus on one verse a week, and in less than a year you'll be able to drop a ton of God's wisdom on anyone you encounter.

1 Corinthians6:19-20
1 Corinthians 10:13 1 Corinthians 13:7
Deuteronomy 31:6-8
Ecclesiastes 4:9-10
Ephesians 2:10
Ephesians 4:29
Ephesians 6:1-3
Ephesians 6:11
Exodus 14:14
Exodus 20:12
Isaiah 41:10
James 1:17
Jeremiah 1:4-8
Jeremiah 17:7-8
Jeremiah 29:11-12
John 10:10
John 14:1, 15
John 15:13
Joshua 1:9
Luke 9:23
Mark 9:24
Matthew 11:28-30
Matthew 22:37-40
Matthew 28:20
Micah 7:7
Nehemiah 8:10
1 Peter 3:15
1 Peter 5:5-9
Philippians 4:6-8
Philippians 4:13
Proverbs 1:8-9
Proverbs 3:5-6
Proverbs 14:14
Proverbs 17:17
Proverbs 19:22
Psalms 16:8
Psalms 46:11
Psalms 119:9
Psalms 119:33-36
Psalms 139:13-14
Revelation 21:4
Romans 8:25
Romans 13:13
Sirach 6:14 [Ben Sira]
Sirach 37:15 [Ben Sira]
1 Thessalonians 5:16-18
2 Thessalonians 2:15 1 Timothy 4:12
1 Timothy 5:1-2
2 Timothy 2:22
Tobit 4:8



MASS PRAYERS EVERY CATHOLIC SHOULD KNOW

I confess to Almighty God and to you, my brothers and sisters, that I have sinned, in my thoughts and in my words, in what I have done and in what I have failed to do, *through my fault, through my fault, through my most grievous fault;* therefore I ask blessed Mary ever-Virgin, all the Angels and Saints, and you, my brothers and sisters, to pray for me to the Lord our God.

Glory to God

in the highest. And on earth peace to people of good will.
We praise you,
we bless you,
we adore you,
we glorify You,
we give you thanks for your great glory.
Lord God, heavenly King, O God almighty Father.
Lord Jesus Christ, Only Begotten Son.
Lord God, Lamb of God, Son of the Father: you take away the sins of the world, have mercy on us; you take away the sins of the world, receive our prayer; you are seated at the right hand of the Father, have mercy on us. For you alone are Holy One, you alone are the Lord, You alone are the Most High. Jesus Christ, with the Holy Spirit, in the glory of God the Father. AMEN.

Holy, Holy, Holy Lord God of hosts. Heaven and earth are full of your glory. Hosanna in the highest. Blessed is he whom comes in the name of the Lord. Hosanna in the highest.

Our Father who art in heaven, hallowed be thy name. Your kingdom come. Your will be done on earth, as it is in heaven. Give us this day our daily bread, and forgive us our trespasses, as we forgive those who trespass against us, and lead us not into temptation, but deliver us from evil. Amen.

The Nicene Creed

I believe in one God, the Father almighty, maker of heaven and earth, of all things visible and invisible.

I believe in one Lord Jesus Christ, the Only Begotten Son of God, born of the Father before all ages. God from God, Light from Light, true God from true God, begotten, not made, consubstantial with the Father; through him all things were made. For us men and for our salvation he came down from heaven, *[At the words that follow, up to and including* and became man, *all bow.]*
and by the Holy Spirit was incarnate of the Virgin Mary, and became man.
For our sake he was crucified under Pontius Pilate, he suffered death and was buried, and rose again on the third day in accordance with the Scriptures.
He ascended into heaven and is seated at the right hand of the Father. He will come again in glory to judge the living and the dead and his kingdom will have no end.

I believe in the Holy Spirit, the Lord, the giver of life, who proceeds from the Father and the Son, who with the Father and the Son is adored and glorified, who has spoken through the prophets.
I believe in one, holy, catholic and apostolic Church.
I confess one Baptism for the forgiveness of sins and I look forward to the resurrection of the dead and the life of the world to come. Amen.

St. Michael the Archangel defend us in battle. Be our defense against the wickedness and snares of the Devil. May God rebuke him, we humbly pray, and do thou, O Prince of the heavenly hosts, by the power of God, thrust into hell Satan, and all the evil spirits, who prowl about the world seeking the ruin of souls. Amen.



PRAYERS FOR EVERY CATHOLIC

Sign of the Cross



Morning Offering

O Jesus, through the Immaculate Heart of Mary, I offer you my prayers, works, joys & sufferings of this day for all the intentions of your Sacred Heart, in union with the Holy Sacrifice of the Mass throughout the world, for the salvation of souls, the reparation for sins, the reunion of all Christians, and in particular for the intentions of the Holy Father this month. Amen.

Memorare

Remember, O most gracious Virgin Mary, that never was it known that anyone who fled to your protection, implored your help, or sought your intercession, was left unaided. Inspired by this confidence I fly unto you, O Virgin of virgins, my Mother. To you do I come, before you I stand, sinful & sorrowful. O Mother of the Word Incarnate, despise not my petitions, but in your mercy hear and answer me. Amen.

Grace before Meals

Bless us, O Lord, and these thy gifts, which we are about to receive from your bounty, through Christ our Lord. Amen.

Spiritual Communion

My Jesus, I believe that You are present in the Most Holy Sacrament. I love You above all things, and I desire to receive You into my soul. Since I cannot at this moment receive You sacramentally, come at least spiritually into my heart. I embrace You as if You were already there and unite myself wholly to You. Never permit me to be separated from You. Amen.

Prayer to Take Authority

In the Name of Jesus, I take authority and I bind all powers and forces in the air, in the ground, in the water, in the underground, in the netherworld, in nature, and in fire.

You are the Lord over the entire universe, and I give You the Glory of Your creation. In Your Name, Jesus, I bind all demonic forces that have come against us and our families and I seal all of us in the protection of Your Precious Blood that was shed for us on the Cross.

Mary, our Mother, we seek your protection and intercession with the Sacred Heart of Jesus for us and our families, and surround us with your mantle of love to discourage the enemy.

St. Michael & our Guardian Angels, come defend us and our families in battle against the evil ones that roam the earth.

In the Name of Jesus, I bind and command all the powers and forces of evil to depart right now, away from us, our homes, and our lands, and I send you to the foot of the Cross.
And we thank you, Lord Jesus, for You are a faithful and compassionate God. Amen.

Angelus:

V. The Angel of the Lord declared unto Mary.
R. And she conceived of the Holy Spirit.
Hail Mary…
V. Behold the handmaid of the Lord.
R. Be it done unto me according to thy word.
Hail Mary…
V. And the Word was made Flesh.
R. And dwelt among us.
Hail Mary…
V. Pray for us, O holy Mother of God.
R. That we may be made worthy of the promises of Christ.



LET US PRAY…Pour forth, we beseech Thee, O Lord, Thy grace into our hearts, that we to whom the Incarnation of Christ Thy Son was made known by the message of an angel, may by His Passion and Cross be brought to the glory of His Resurrection. Through the same Christ Our Lord. Amen.

the Divine Mercy Chaplet



OPENING PRAYER:
You expired, Jesus, but the source of life gushed forth for souls, and the ocean of mercy opened up for the whole world.
O Fount of Life, unfathomable Divine Mercy, envelop the whole world and empty Yourself out upon us.
[prayed 3x] Blood and Water, which gushed forth from the Heart of Jesus as a fount of mercy for us, I trust in You!

Our Father who art in heaven, hallowed be thy name. Your kingdom come. Your will be done on earth, as it is in heaven. // Give us this day our daily bread, and forgive us our trespasses, as we forgive those who trespass against us, and lead us not into temptation, but deliver us from evil. Amen.

Hail, Mary, full of grace, the Lord is with you. Blessed are you among women and blessed is the fruit of your womb, Jesus. // Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death. Amen.

APOSTLES CREED
I believe in God, the Father almighty, Creator of heaven and earth, and in Jesus Christ, his only Son, our Lord, who was conceived by the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died and was buried; He descended into hell; on the third day he rose again from the dead; he ascended into heaven, and is seated at the right hand of God the Father almighty; from there he will come to judge the living and the dead. // I believe in the Holy Spirit, the holy catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and life everlasting. Amen.

OUR FATHER BEADS:
Eternal Father, I offer You the Body and Blood, Soul and Divinity of Your dearly beloved Son, Our Lord Jesus Christ // in atonement for our sins and those of the whole world.

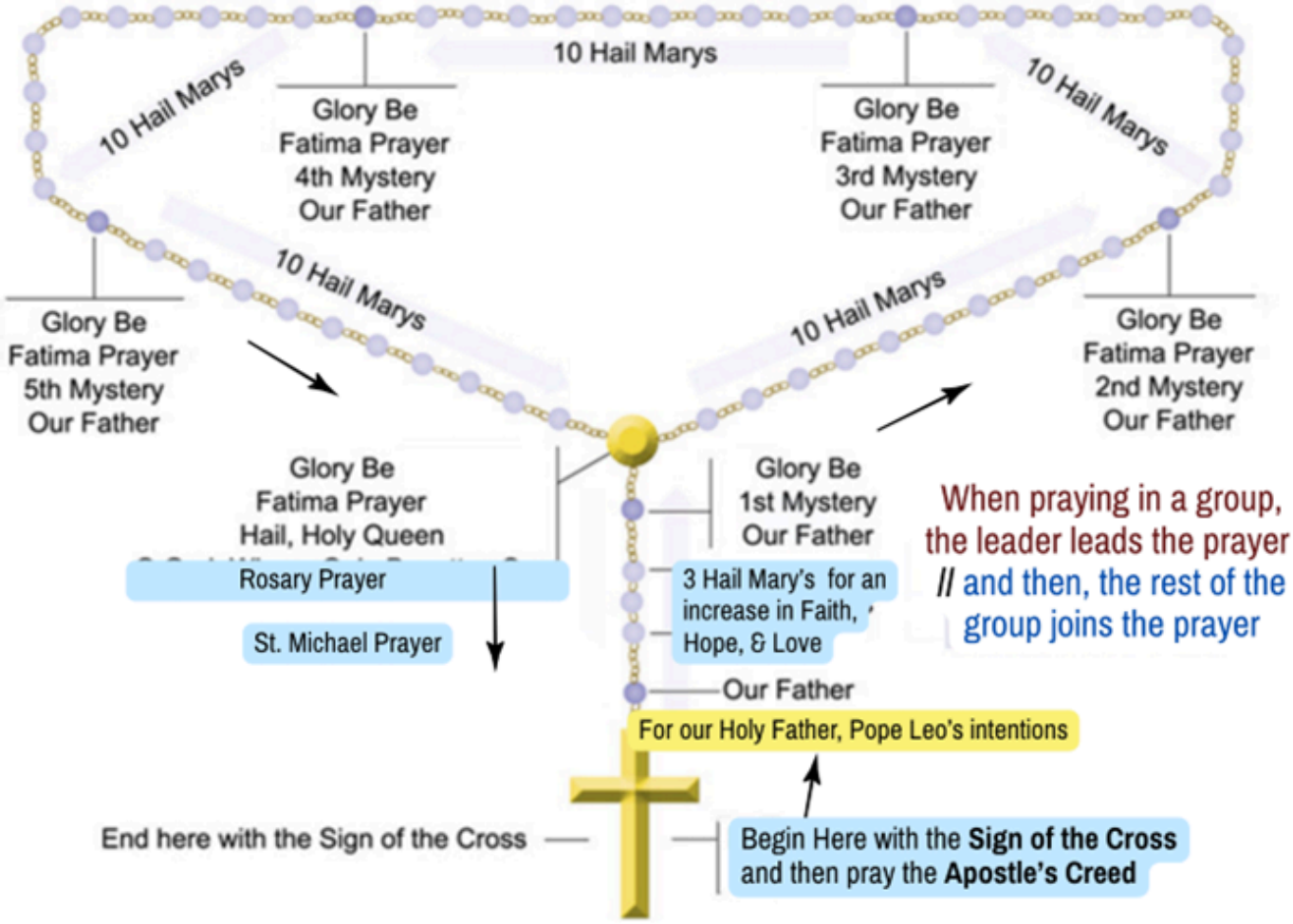
AT THE END:
[repeat 3x]
Holy God, Holy Mighty One, Holy Immortal One, // have mercy on us and the whole world.

[repeat 3x] Jesus, I trust in You.

HAIL MARY BEADS:
For the sake of His sorrowful Passion, // have mercy on us and on the whole world.

CLOSING PRAYER:
Eternal God, in whom mercy is endless and the treasury of compassion is inexhaustible, look kindly upon us and increase your mercy in us, that in difficult moments we might not despair nor become despondent, but with great confidence submit ourselves to Your Holy will, which is Love and Mercy itself. Amen.

HOW TO PRAY THE ROSARY



When praying in a group, the leader leads the prayer // and then, the rest of the group joins the prayer

APOSTLES CREED

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HAIL HOLY QUEEN

Hail, Holy Queen, Mother of Mercy, our life, our sweetness and our hope. To you do we cry, poor banished children of Eve. To you do we send up our sighs, mourning and weeping in this valley of tears. Turn then, most gracious advocate, your eyes of mercy toward us, and after this our exile show unto us the blessed fruit of your womb, Jesus. O clement, O loving, O sweet Virgin Mary. //

Pray for us, O holy Mother of God. That we may be made worthy of the promises of Christ.

ROSARY PRAYER

O God, whose only-begotten Son, by his life, death, and resurrection, has purchased for us the rewards of eternal life; grant, we beseech Thee, that while meditating upon these mysteries of the most holy Rosary of the Blessed Virgin Mary, we may imitate what they contain and obtain what they promise, through Christ our Lord . Amen.

HOW TO PRAY THE ROSARY

When praying in a group, the leader leads the prayer // and then, the rest of the group joins the prayer

Our Father who art in heaven, hallowed be thy name. Your kingdom come. Your will be done on earth, as it is in heaven. // Give us this day our daily bread, and forgive us our trespasses, as we forgive those who trespass against us, and lead us not into temptation, but deliver us from evil. Amen.

Hail, Mary, full of grace, the Lord is with you. Blessed are you among women and blessed is the fruit of your womb, Jesus. // Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death. Amen.

Glory be to the Father and to the Son and to the Holy Spirit, // as it was in the beginning is now, and ever shall be world without end. Amen.



Fatima Prayer:
O my Jesus, // forgive us our sins, save us from the fires of hell, lead all souls to Heaven, especially those who are in most need of Thy mercy.

GLORIOUS Mysteries – SUNDAY [& Wednesday]
The 1st Decade is Jesus' Resurrection from the Dead
The 2nd decade is Jesus Ascends into Heaven
The 3rd decade is the Descent of the Holy Spirit
The 4th decade is the Assumption of Mary into Heaven
The 5th decade is Crowning of Mary as Queen of Heaven

JOYFUL Mysteries – SATURDAY [& Monday]
The 1st Decade is the Annunciation
The 2nd decade is Visitation
The 3rd decade is the Birth of Jesus
The 4th decade is the Presentation of Jesus in the Temple
The 5th decade is the Finding of Jesus in the Temple

SORROWFUL Mysteries – Tuesday & Friday
The 1st Decade is Jesus' Agony in the Garden
The 2nd decade is Jesus' Scourging at the Pillar
The 3rd decade is Jesus' Crowning with Thorns
The 4th decade is Jesus' Carrying of the Cross
The 5th decade is Jesus' Crucifixion

LUMINOUS Mysteries – Thursday
The 1st Decade is the Baptism of Jesus in the Jordan River
The 2nd decade is the Wedding Feast at Cana
The 3rd decade is the Proclamation of the Kingdom
The 4th decade is Jesus' Transfiguration
The 5th decade is the Institution of the Eucharist

WHY DO I NEED A CONFIRMATION SAINT?

WHY DO WE CHOOSE A SAINT'S NAME AT CONFIRMATION? WHAT IS THE PURPOSE?

Well you see the practice originally began in a small Midwestern town not too far from Fargo, North Dakota where all the young children by sheer coincidence had been named by their parents the same name, Gretchen. Now having an entire town with the generation of the children named, Gretchen, as lovely as that name is, was a bit confusing. They would call out their names in classrooms and all of them would raise their hands! It got out of control. So they came up with the idea that on their Confirmation they would each receive a different name, a name of a saint, and they would all be called by these new names and end the time of confusion. And so the town was saved and the people rejoiced.

Okay, now for the real answer. The receiving of a name at Confirmation has a number of different sources in the history of the Church. But the biggest one comes from the idea of a name being associated with a change of life. When Jesus told Simon that his new name was now Peter (Matthew 16:18), it was because his role was changing and he was going to be asked to take on a role of leadership. When Saul had his great conversion, the risen Lord gave him the name Paul (Acts 13:9). And there are a number of others that we see this happen to as well because there is a power in a name. If we look back at the Old Testament, to name someone was to have ownership of them, which is why when Moses asked God in the burning bush who was sending him to Pharaoh, God didn't give him his name, He gave Moses His title, "I AM who I am." (Exodus 3:14). So to take on a new name at confirmation also carries with it the idea that you are asking for the Lord to change you. To take ownership of you like He's never done before and to live your faith more fully and with more life than you ever could've imagined.

The name of the saint also should have some significance to you, that particular saint is an example of the type of holiness you would like. Some people take St. Francis because they want to be kind to animals, or some people take St. Joseph because they want to be as holy as he was, or some people take St. Monica because she had such patience with her children, and the list could go on. The idea is to pick somebody who says something about you. And when you stand before the Bishop the day of your Confirmation and you tell him your name, say it with a pride and with a conviction and with knowledge that the Holy Spirit is going to change you forever.

ST. HELEN NOTES ABOUT CHOOSING YOUR CONFIRMATION SAINT —
-- You may choose any CATHOLIC SAINT.
-- You may not choose MARY, Jesus' mama, or any title for her.
The Blessed Virgin Mary is perfect, and had no original sin.

SAINT PROJECT: Baptized 3rd Graders

Please submit your **SAINT PROJECT** no later than **Sunday Faith Formation class, January 10, 2027.** We design the Sacrament Prep program to help our youth make the best decision in choosing a saint. For research, there are plenty of online resources on our website. Scan the QR Code above.

Youth: In choosing a saint, find one who inspires you. Your commitment to "spread and defend the faith" that you will be making at Confirmation is symbolized with the taking of a new name to show that you are a new person. This practice of taking a new name is found throughout both the old and new testaments as a sign of conversion or change. The name you choose should represent the direction you feel your faith life is taking, or represent a strength or attribute you feel you need. **It is important and necessary to know the saint before you decide on that name. Please do NOT choose a saint because you like the sound of the name, how it fits with your other names, or just because it is the name of a friend or relative.** Once you have done some prayerful reflection and research, you will be ready to choose your new name!

SAINT POSTER REQUIREMENTS:

Instructions: The youth is to work **by themselves** on their saint project. This is a child-led activity. Youth are to create a saint poster (Size is 8.5x11 inches) on the chosen saint the youth has selected. This is an opportunity to be creative and artistic with your saint poster. You may draw, paint, make it colorful, etc… you may even create a 30-90 second video! :)

POSTERS MUST INCLUDE ALL OF THE FOLLOWING:

#1] Saints name —You can add a picture, drawing, and/or painting

#2] Saint's Birth Date, Death Date, Feastday Date, Locations Lived, and Patronage

#3] What is this saint remembered for?
(Example: St. Carlos Acutis created the Eucharistic Miracles website.)

#4] Why you chose this particular saint? What inspired you their life? What do you admire about your saint's life? How do you want to be like your Saint?

#5] Please Write on the backside of your Saint Project your FIRST and LAST NAME.

Confirmation Saint Bio

SAINT_____

BIRTH DATE

DEATH DATE

FEAST DAY

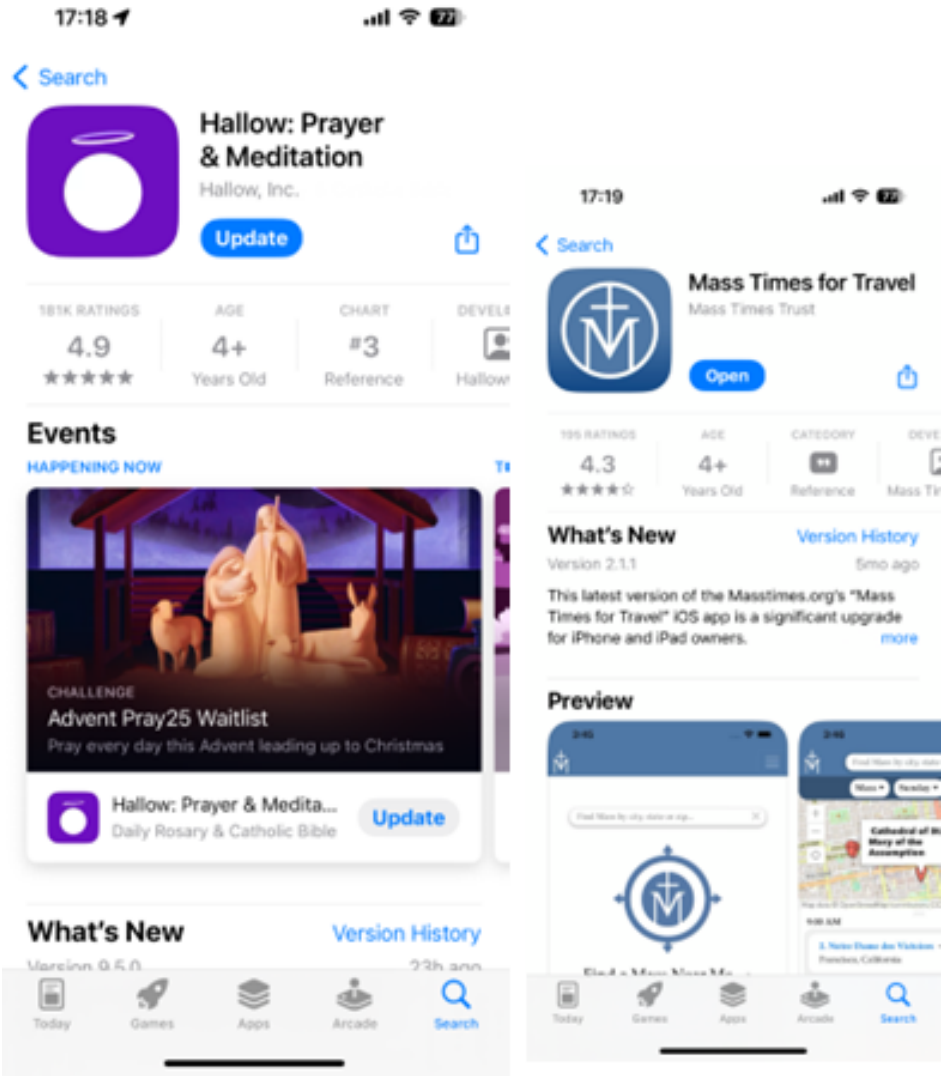
LOCATIONS LIVED

WHAT IS THIS SAINT REMEMBERED FOR?

WHY DID YOU CHOOSE THIS SAINT?

PATRON OF:

APPS TO FORM YOUR CATHOLIC FAMILY + THE PARISH WEBSITE



ST. HELEN K-5 ELEMENTARY